



CAN WIC WORK FOR YOU?

	YES	NO
► Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
► Have you had a baby recently?	<input type="checkbox"/>	<input type="checkbox"/>
► Are you breastfeeding a baby?	<input type="checkbox"/>	<input type="checkbox"/>
► Do you have a child less than 5 years old?	<input type="checkbox"/>	<input type="checkbox"/>



If you checked yes on any of the questions, you may qualify for WIC. WIC gives mothers and babies special healthful food every month. Even better, mothers can learn how to feed their families so they will grow up healthy. For more information on how you can let WIC work for you, contact Fort Riley's WIC Offices at 785-239-5730. Or stop by our office located in the Soldier and Family Support Center, Building 7264, Custer Hill.

WIC Provides:

- | | |
|----------------------|-----------------|
| ✱ Infant Formula | ✱ Infant Cereal |
| ✱ Milk | ✱ Cheese |
| ✱ Eggs | ✱ Fruit Juice |
| ✱ Iron-rich Cereal | ✱ Peanut Butter |
| ✱ Dry Beans and Peas | |

You may be eligible if you:

- | | |
|---|------------------------------|
| ✱ Live in Kansas | ✱ Meet the income guidelines |
| ✱ Are determined by WIC staff to have a medical or nutrition need | |

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